



The Apple Program



The Apple Program is a corporate wellness initiative designed to educate and encourage healthy lifestyles to all the employees. This program also focuses resources towards the few chronically ill that represent a large percentage of your healthcare dollars in order to improve their quality of life and produce an impact on your bottom line.

Proactive Patient Risk Management (Disease Management)

- Reaches out to assist individuals with high-risk chronic health conditions
- Caring professionals provide ongoing health coaching
- Maximize health and well-being

Corporate Wellness

Help with:

- Healthier Lifestyles
- Weight Loss
- Smoking Cessation
- Stress Management
- Starting an Exercise Program
- Eating Right
- Increasing Energy
- Managing Pain
- Sleeping Better
- Navigating the Healthcare System
- Self-management of Chronic Conditions

Services:

- Health Coaching
- Health Assessments
- Health Education
- Behavioral Modification
- Support with Setting Goals
- Support with Tracking Goals
- Personalized Reports
- Discounts on Health: Clubs, Equipment, Food and Services
- Internet Resources
 - Articles of Interest
 - Newsletters
 - Helpful Links
 - Interactive Health Management Program